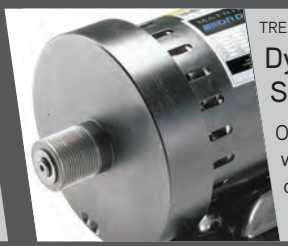
Innovation is a beautiful thing, don't you think?

There was a time when users would flock to anything with an LED display. That time has long since passed. Now they want more. They want to be comfortable. They want to be challenged. And they want to be continually presented with new experiences rooted in simple, intuitive operation. Matrix cardio equipment gives them all this and more. Thoroughly refined and absolutely dependable, our machines are designed for ease of use and years of operation.

ALL CARDIO

FitTouch™ Technology

Featured on our 7xe series 15" integrated LCD screen, this touch screen interface inspires users of all levels and offers intuitive operation.



TREADMILLS

Dynamic Response Drive System™

Our exclusive drive system is coupled with controller technology that continuously monitors and adjusts to user foot fall to ensure a perfect stride.

TREADMILLS

Ultimate Deck™ System

Our impact absorption system provides the ultimate feel for all users, and offers over 40,000 km / 25,000 miles of maintenance-free performance.

ASCENT TRAINER™

Variable Incline

Responsive incline adjustment and variable stride length make workouts on the Ascent more dynamic and motivational.

ASCENT TRAINER™

Contralateral Movement

Full body natural motion engages glutes, hamstrings and core muscles.

ASCENT TRAINER™

Suspended Pedals

Because its pedals do not ride on wheels, the Ascent's motion is dynamic and perpetually smooth.

ELLIPTICALS

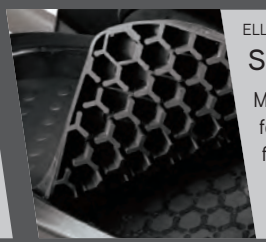
Constant Rate of Acceleration

To optimize user feel, Matrix ellipticals move fluidly at a Constant Rate of Acceleration.

ELLIPTICALS

Natural Stride Length

Our ellipticals feature a long stride length to ensure a natural feel for the average user.



ELLIPTICALS

Shock-Absorbing Foot Pad

Most Matrix ellipticals feature honeycomb foot pads to reduce stress placed on feet, ankles and knees.

CYCLES

45° Seat Angle

Our Hybrid Cycle™ features an ergonomic platform that gives users a workout that is both comfortable and effective.

Nike + iPod

Nike + iPod for the Gym

All 7 series cardio products are compatible with Nike + iPod for the Gym

FitLinxx® Certified

Most Matrix cardio equipment is FitLinxx™ certified.

Nike + iPod
*Actual Destination
MATRIX
Press Quick Start to Begin
iPod
Volume
Channel
last channel
display mode
Multimedia Controls
EMERGENCY STOP
EMERGENCY STOP

Escape with Matrix. No atlas required.

What if you could offer your members the chance to escape to the lush forests of Hawaii; to hike the majestic Grand Canyon; or to run Sin City's infamous strip, all within your facility's walls?

Virtual Active™ by Matrix allows you to deliver just this – a revolutionary workout experience. Not only will your members see their destination in the dynamic video content displayed on the console, but they will feel gradual terrain changes under their feet and hear the ambient sounds through their headphones, for a near total immersion.

The workout will take them miles away from your club. Virtual Active™ by Matrix will keep them coming back for more.

What is Virtual Active by Matrix?

Virtual Active is fully interactive video programming and is compatible with all existing and new 7xe series cardio products. Virtual Active by Matrix is delivered on a media player that is separate from the standard 7xe console hardware. This ensures the highest quality video output and allows for flexible implementation. The media player is available with the 16GB hardware package that holds up to 20 Virtual Active videos.

Each media player purchase comes standard with 5 preloaded videos. Additional videos sold separately.

Crater Lake, Oregon

Yosemite, California

Bryce Canyon, Utah

VIRTUAL ACTIVE by MATRIX

Treadmill T7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- crossbar speed and incline controls
- Ultimate Deck™ System for superior performance and durability
- 55.9 cm / 22" wide belt provides an added sense of security and freedom
- Dynamic Response Drive System™

The T7xe console comes complete with our revolutionary FitTouch™ Technology. The T7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, crossbar speed and incline controls, a secondary data display window, and an integrated wireless data transmitter.

Made for iPod

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

Treadmill T7x

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- crossbar speed and incline controls
- Ultimate Deck™ System for superior performance and durability
- 55.9 cm / 22" wide belt provides an added sense of security and freedom
- Dynamic Response Drive System™

The T7x console is designed to meet the needs of the most demanding user. Like the T7xe, the T7x is fully compatible with iPod, has crossbar speed and incline controls, integrated 7" Vista Clear™ Television Technology, and a secondary data display window. The T7x is FITCONNEXION™ ready.

Made for iPod

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Treadmill T5x

- LED console display
- integrated personal fan
- integrated wireless data transmitter
- Ultimate Deck™ System for superior performance and durability
- 55.9 cm / 22" wide belt provides an added sense of security and freedom
- Dynamic Response Drive System™

Simplicity and ease of use capture the essence of the T5x console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user. The T5x is FITCONNEXION™ ready.

Treadmill T3xe

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- Ultimate Deck™ System for superior performance and durability
- low 19 cm / 7.5" step-on height
- Dynamic Response Drive System™

The T3xe console blends ease-of-use and entertainment for a superior experience. Complete with an engaging grahical user interface and Vista Clear™ Television Technology, the T3xe provides a greater variety of workout options.

Treadmill T3x

- LED console display
- Ultimate Deck™ System for superior performance and durability
- low 19 cm / 7.5" step-on height
- Dynamic Response Drive System™

The T3x is designed with simplicity in mind. Users of all experience levels will easily navigate the controls of this intuitive console.

Treadmill T1xe

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- Ultimate Deck™ System for superior performance and durability
- low 19 cm / 7.5" step-on height
- JID 3.2 hp DC drive system

The integrated Vista Clear™ Television Technology with user-friendly interface offer a complete solution and clutter-free environment.

Treadmill T1x

- LED console display
- Ultimate Deck™ System for superior performance and durability
- low 19 cm / 7.5" step-on height
- JID 3.2 hp DC drive system

A large LED display for easy viewing and simple controls make the T1x console appealing to users of all experience levels.

Ascent Trainer™ A7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- adjustable incline and resistance for greater workout variety
- 53.3 - 61.0 cm / 21" - 24" adjustable stride length mimics user's natural footpath
- 17.8 - 30.5 cm / 7" – 12" step-over height for increased range of motion
- Constant Rate of Acceleration is smooth and biomechanically correct
- contralateral action mimics the body's true movement

U.S. and international patents pending.

The A7xe console comes complete with our revolutionary FitTouch™ Technology. The A7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, thumbswitch controls, a secondary data display window, and an integrated wireless data transmitter.

Made for iPod

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U.S. and international patents pending.

Simplicity and ease of use capture the essence of the A5x console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user.

Ascent Trainer™ A3x

- simple LED console display
- adjustable incline and resistance for greater workout variety
- 53.3 - 61.0 cm / 21" - 24" adjustable stride length mimics user's natural footpath
- 17.8 - 30.5 cm / 7" – 12" step-over height for increased range of motion
- Constant Rate of Acceleration is smooth and biomechanically correct
- contralateral action mimics the body's true movement

At full incline thigh is parallel to the ground for maximum glute workout.

At no incline the Ascent Trainer™ provides a comfortable and effective workout for people of all fitness levels.

Elliptical E7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- 53.3 cm / 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration ellipse mimics the user's natural stride

The E7xe console comes complete with our revolutionary FitTouch™ Technology. The E7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, thumbswitch controls, a secondary data display window, and an integrated wireless data transmitter.

Made for iPod

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iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

Elliptical E7xc

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- 53.3 cm / 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration ellipse mimics the user's natural stride

The E7xc console is designed to meet the needs of the most demanding user. Like the E7xe, the E7xc is fully compatible with iPod, has thumbswitch controls, integrated 7" Vista Clear™ Television Technology, and a secondary data display window.

Made for iPod

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iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

Elliptical E5xc

- LED console display
- integrated personal fan
- integrated wireless data transmitter
- 53.3 cm / 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration ellipse mimics the user's natural stride

Simplicity and ease of use capture the essence of the E5xc console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user.

Elliptical E3xc

- simple LED console display
- 53.3 cm / 21" stride length accommodates all users for a comfortable, efficient, and natural workout
- Constant Rate of Acceleration ellipse mimics the user's natural stride

To optimize user feel, Matrix ellipticals move fluidly at a near Constant Rate of Acceleration throughout each revolution.

Elliptical E1x

- 7" blue backlit graphic LCD console display
- 48 cm / 19" stride length
- auto-positioning pedals provides a smooth and comfortable workout

Stepper S7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increased stability

The S7xe console comes complete with our revolutionary FitTouch™ Technology. The S7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, thumbswitch controls, a secondary data display window, and an integrated wireless data transmitter.

Made for iPod

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iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

Stepper S7x

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increased stability

The S7x console is designed to meet the needs of the most demanding user. And like the S7xe, the S7x is fully compatible with iPod, has thumbswitch controls, integrated 7" Vista Clear™ Television Technology, and a secondary data display window.

Made for iPod

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Stepper S5x

- LED console display
- integrated personal fan
- integrated wireless data transmitter
- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increase stability

Simplicity and ease of use capture the essence of the S5x console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user.

Stepper S3x

- simple LED console display
- belt drive design for smooth and quiet operation
- angled independent stepping motion mimics real climbing feel
- ultra non-slip large pedals for increase stability

Stepper S1x

- The independent, plug-in, extra large pedals ensure safe, bio mechanically correct movement.
- Speed control function allows you to increase or decrease the intensity of stepping action at any time during your workout.
- Electronically controlled brake precisely controls the pedal descent from 32 to 122 steps per minute.

Hybrid Cycle™ H7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort

U.S. and international patents pending.

The H7xe console comes complete with our revolutionary FitTouch™ Technology. The H7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, thumbswitch controls, a secondary data display window, and an integrated wireless data transmitter.

45° Seat Angle
Innovative, ergonomically correct platform is a more comfortable alternative to conventional uprights.

Step-Thru Entry
Matrix hybrid and recumbent cycles are easy to access—a feature important to beginning users, older users, and those undergoing physical therapy.

Hybrid Cycle™ H7x

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort

U.S. and international patents pending.

The H7x console is designed to meet the needs of the most demanding user. And like the H7xe, the H7x is fully compatible with iPod, has thumbswitch controls, integrated 7" Vista Clear™ Television Technology, and a secondary data display window.

45˚ Seat Angle
Innovative, ergonomically correct platform is a more comfortable alternative to conventional uprights.

Step-Thru Entry
Matrix hybrid and recumbent cycles are easy to access—a feature important to beginning users, older users, and those undergoing physical therapy.

Hybrid Cycle™ H5x

- LED console display
- integrated personal fan
- integrated wireless data transmitter
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users

Simplicity and ease of use capture the essence of the H5x console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user.

Hybrid Cycle™ H3x

- simple LED console display
- innovative command seating position ensures a convenient and comfortable workout
- step-thru entry for easy access
- pivoting arm rest for maximum comfort
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users

U.S. and international patents pending.

Recumbent Cycle R7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- Ergo Form™ seat and back pad enhances comfort and support
- step-thru entry for easy access

The R7xe console comes complete with our revolutionary FitTouch™ Technology. The R7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, thumbswitch controls, a secondary data display window, and an integrated wireless data transmitter.

Made for iPod

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Recumbent Cycle R7x

The R7x console is designed to meet the needs of the most demanding user. Like the R7xe, the R7x is fully compatible with iPod, has thumbswitch controls, integrated 7" Vista Clear™ Television Technology, and a secondary data display window.

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- Ergo Form™ seat and back pad enhance comfort and support
- step-thru entry for easy access

Made for iPod

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Recumbent Cycle R5x

- LED console display
- integrated personal fan
- integrated wireless data transmitter
- Ergo Form™ seat and back pad enhances comfort and support
- step-thru entry for easy access
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users

Simplicity and ease of use capture the essence of the R5x console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user.

Recumbent Cycle R3x

- LED console display
- Ergo Form™ seat and back pad enhances comfort and support
- step-thru entry for easy access
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users

Recumbent Cycle R1x

- 7" blue backlit graphic LCD console display
- Ergo Form™ seat and back pad enhances comfort and support
- step-thru entry for easy access
- quick-zip pedal straps for easy adjustment

Upright Cycle U7xe

- integrated 15" touch screen display with FitTouch™ Technology
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics

The U7xe console comes complete with our revolutionary FitTouch™ Technology. The U7xe is fully compatible with iPod, and incorporates Vista Clear™ Television Technology, thumbswitch controls, a secondary data display window, and an integrated wireless data transmitter.

Made for iPod

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Upright Cycle U7x

- integrated 7" LCD display
- Vista Clear™ Television Technology – the most vibrant picture quality in the industry
- compatible with iPod for video and audio playback, charging, and on-screen playlist selection
- compatible with Nike + iPod for the Gym
- integrated personal fan
- integrated wireless data transmitter
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics

The U7x console is designed to meet the needs of the most demanding user. The U7x is fully compatible with iPod, has thumbswitch controls, integrated 7" Vista Clear™ Television Technology, and a secondary data display window.

Made for iPod

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Upright Cycle U5x

- LED console display
- integrated personal fan
- integrated wireless data transmitter
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users

Simplicity and ease of use capture the essence of the U5x console. An intuitive console layout minimizes the intimidation factor for new users, while the full workout selection offers variety for the most advanced user.

Upright Cycle U3x

- simple LED console display
- Ergo Form™ seat enhances comfort and support
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics
- low-watt starting resistance is ideal for beginning, rehab or deconditioned users

8 x 16 LED Matrix course display with 16 character alphanumeric green LED information display. It provides 25 levels of resistance and 8 training programs: Manual, rolling, intervals, fat burn, ramdom, fit test, target HR, and Constant Watts. Console feedback: Time, speed, distance, calories, watts, level, heart rate, RPM, profile

Upright Cycle U1x

- 7" blue backlit graphic LCD console display
- quick-zip pedal straps for easy adjustment
- race-inspired handles feature contoured elbow rests for comfort and enhanced ergonomics

Workout profile window: 7" blue bakclit LCD display Instruction center, 14-charter red LED alphanumeric display information display, 3 numeric 7-segment display (3 sets)

Matrix Rower

- battery-powered LCD display
- Poly-V belt drive system for quiet operation
- slide rail and distance mimics real rowing feel
- fan wheel technology provides a smooth, natural movement

PRODUCT SPECIFICATIONS

	T7xe Treadmill	T7x Treadmill	T5x Treadmill	T3xe Treadmill	T3x Treadmill	T1xe Treadmill	T1x Treadmill
FEATURES							
Deck type	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck	Ultimate™ Hard-Wax reversible 1" deck
Belt type	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade	Habisat - 2-ply commercial grade
Running area	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 56 cm / 60" x 22"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"	152 x 51 cm / 60" x 20"
Deck step height	24 cm / 9.5"	24 cm / 9.5"	24 cm / 9.5"	19 cm / 7.5"	19 cm / 7.5"	19 cm / 7.5"	19 cm / 7.5"
Cushion system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system	Ultimate Deck™ cushioning system
Incline range	0-15% (1,300 lb thrust incline motor)	0-15% (1,300 lb thrust incline motor)	0-15% (1,300 lb thrust incline motor)	0%-15% (1,300 lb. elevation motor)	0%-15% (1,300 lb. elevation motor)	0%-15% (700 lb. elevation motor)	0%-15% (700 lb. elevation motor)
Speed range	0.8 - 24.1 kph / 0.5 - 15* mph	0.8 - 24.1 kph / 0.5 - 15* mph	0.8 - 20 kph / 0.5 - 12 mph	0.8 - 20 kph / 0.5 - 12 mph	0.8 - 20 kph / 0.5 - 12 mph	0.8 - 20 kph / 0.5 - 12 mph	0.8 - 20 kph / 0.5 - 12 mph
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes	Yes	Yes	Yes
DRIVE SYSTEM							
Motor	Matrix 5.0 hp AC Dynamic Response Drive System™	Matrix 5.0 hp AC Dynamic Response Drive System™	Matrix 5.0 hp AC Dynamic Response Drive System™	Matrix 4.2 hp AC Dynamic Response Drive System™	Matrix 4.2 hp AC Dynamic Response Drive System™	JID 3.2 hp DC drive	JID 3.2 hp DC drive
Motor controller	DCI club treadmill AC drive	DCI club treadmill AC drive	DCI club treadmill AC drive	DCI club treadmill AC drive	DCI club treadmill AC drive	Johnson DC drive	Johnson DC drive
CONSOLE							
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	7" LCD	Dot-matrix LED	7" LCD	Alphanumeric LED
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Time, distance, calories, speed, incline, pace, heart rate, METs, watts	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Time, speed, distance, calories, incline, heart rate, profile	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, pace, heart rate, METs, watts, profile	Speed, incline, elapsed time, distance, pace, heart rate, time remaining, calories
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No
Workouts	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, physical efficiency battery (PEB)	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, physical efficiency battery (PEB)	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, physical efficiency battery (PEB), WFI protocol	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, physical efficiency battery (PEB)	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol, Army PFT, Navy PRT, Marine PFT, Air Force PRT, physical efficiency battery (PEB), WFI protocol	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol	Manual, rolling hills, fat burn, 5k, target HR, Gerkin protocol
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes	Yes	No	No
On-the-fly program change	Yes	Yes	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes-15" screen size	Yes-7" screen size	No	Yes-7" screen size	No	Yes-7" screen size	No
Virtual Active™ compatible	Yes	No	No	No	No	No	No
FITCONNEXION™ ready	No	Yes	Yes	No	No	No	No
Wireless data transmitter	Yes	Yes	Yes	No	No	No	No
iPod compatible	Yes	Yes	No	No	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	No	No	No
Personal fan	Yes	Yes	Yes	No	No	No	No
Crossbar controls	Quick start, stop, cool down, speed and incline control	Quick start, stop, cool down, speed and incline control	Quick start, stop, cool down	No	No	No	No
TECH SPECS							
Overall dimensions (L x W x H)	214 x 92.5 x 145 cm / 84" x 36" x 57"	214 x 92.5 x 145 cm / 84" x 36" x 57"	214 x 92.5 x 145 cm / 84" x 36" x 57"	214 x 86 x 133 cm / 84" x 34" x 52.5"	214 x 86 x 133 cm / 84" x 34" x 52.5"	214 x 86 x 133 cm / 84" x 34" x 52.5"	214 x 86 x 133 cm / 84" x 34" x 52.5"
Product weight	186 kg / 410 lbs	185 kg / 407 lbs	184 kg / 405 lbs	144 kg / 317 lbs	143 kg / 315 lbs	142 kg / 313 lbs	141 kg / 310.5 lbs
Maximum user weight	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	159 kg / 350 lbs	159 kg / 350 lbs
Electrical receptacle & plug	200 - 220v	200 - 220v	200 - 220v	200 - 220v	200 - 220v	200 - 220v	200 - 220v
Electrical requirements	dedicated circuit required non-looped ground	dedicated circuit required non-looped ground	dedicated circuit required non-looped ground	dedicated circuit required non-looped ground	dedicated circuit required non-looped ground	dedicated circuit required non-looped ground	dedicated circuit required non-looped ground

*15 mph rating good up to 159 kg / 350 lbs user

	A7xe Ascent Trainer™	A7x Ascent Trainer™	A5x Ascent Trainer™	A3x Ascent Trainer™	E7xe Elliptical	E7xc Elliptical	E5xc Elliptical	E3xc Elliptical	E1x Elliptical
FEATURES									
Stride length	53.3 - 61 cm / 21" - 24"	53.3 - 61 cm / 21" - 24"	53.3 - 61 cm / 21" - 24"	53.3 - 61 cm / 21" - 24"	53.3 cm / 21"	53.3 cm / 21"	53.3 cm / 21"	53.3 cm / 21"	48 cm / 19"
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cushioned footpads	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
Incline range	30 degrees	30 degrees	30 degrees	30 degrees	N/A	N/A	N/A	N/A	N/A
Q-factor	95 mm / 3.75"	95 mm / 3.75"	95 mm / 3.75"	95 mm / 3.75"	90 mm / 3.5"	90 mm / 3.5"	90 mm / 3.5"	90 mm / 3.5"	95 mm / 3.75"
Handlebar design	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary	Multi-position dual action and ergo-bend stationary
Thumb switch controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM									
Technology	JID Hybrid ECB	JID Hybrid ECB	JID Hybrid ECB	JID Hybrid ECB	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID generator
Power requirements	Powered 120v/60Hz AC	Powered 120v/60Hz AC	Powered 120v/60Hz AC	Powered 120v/60Hz AC	Powered 120v/60Hz AC	Self-power/ 120v/60Hz AC power option	Self-power/ 120v/60Hz AC power option	Self-powered	Self-powered
Minimum watts	16	16	16	16	22	22	22	15	18
Minimum RPM	N/A	N/A	N/A	N/A	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	15	30
CONSOLE									
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit LCD
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, incline, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, level, speed, RPM, incline, heart rate, METs, watts, profile	Time, distance, calories, speed, incline, heart rate, METs, watts, level, RPM	Incline, time, speed, distance, calories, watts, level, heart rate, RPM	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, RPM	Time, distance, calories, speed, heart rate, METs, watts, RPM, profile	Time, distance, calories, speed, level, watts, METs, heart rate, profile
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	No	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	No	No
Resistance levels	25	25	25	25	25	25	25	25	20
Workouts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, glute training, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, interval+ (hill interval, random interval), goal+ (time goal, distance goal, calories goal), multi FX+ (constant watts, random), heart rate+ (target HR, weight loss), fit test, warm up, cool down
CSAFE, FitLinxx ready	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	Yes	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No	Yes - 15" screen size	Yes - 7" screen size	No	No	No
Virtual Active™ compatible	Yes	No	No	No	Yes	No	No	No	No
FITCONNEXION™ ready	No	No	No	Yes	No	No	No	Yes	Yes
Wireless data transmitter	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No
iPod compatible	Yes	Yes	No	No	Yes	Yes	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	Yes	Yes	No	No	No
Personal fan	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No
TECH SPECS									
Overall dimensions (L x W x H)	200 x 88 x 180 cm / 79" x 34.5" x 71"	200 x 88 x 180 cm / 79" x 34.5" x 71"	200 x 88 x 180 cm / 79" x 34.5" x 71"	200 x 88 x 180 cm / 79" x 34.5" x 71"	193 x 72.5 x 180 cm / 76" x 28.5" x 71"	193 x 72.5 x 180 cm / 76" x 28.5" x 71"	193 x 72.5 x 180 cm / 76" x 28.5" x 71"	193 x 72.5 x 180 cm / 76" x 28.5" x 71"	209 x 81 x 173 cm / 82" x 32" x 68"
Product weight	213 kg / 469 lbs	212 kg / 467 lbs	212 kg / 467 lbs	211 kg / 465 lbs	138 kg / 304 lbs	137 kg / 302 lbs	137 kg / 302 lbs	136 kg / 299.5 lbs	151 kg / 333 lbs
Maxmum user weigh	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs

Made for iPod

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

	S7xe Stepper	S7x Stepper	S5x Stepper	S3x Stepper	S1x Stepper
FEATURES					
Step range	310 mm / 12.2"	310 mm / 12.2"	310 mm / 12.2"	310 mm / 12.2"	290 mm / 11.4"
Contact & telemetric HR	Yes	Yes	Yes	Yes	Yes
Ultra non-slip pedals	Yes	Yes	Yes	Yes	Yes
Q-factor	83 mm / 3.3"	83 mm / 3.3"	83 mm / 3.3"	83 mm / 3.3"	62 mm / 2.4"
Handlebar design	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn	Ergonomically designed handrails and horn
Thumb switch controls	Yes	Yes	Yes	Yes	No
RESISTANCE SYSTEM					
Technology	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator
Power requirements	Powered	Self-powered / optional AC power jack	Self-powered / optional AC power jack	Self-powered / optional AC power jack	Powered
Minimum watts	18	18	18	18	26
CONSOLE					
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit LCD
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, SPM, floors climbed, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, floors climbed, SPM, heart rate, METs, watts, profile	Time, speed, floors climbed, calories, watts, level, heart rate, SPM	Time, speed, floors climbed, calories, watts, level, heart rate, SPM	Time, speed, floors climbed, calories, watts, level, heart rate, METs, profile
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	No	No
Resistance levels	25	25	25	25	20
Workouts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, Interval+ (Hill Interval, Random Interval), Goal+(Time Goal, Distance Goal, Calories Goal), Multi FX+(Constant Watts, Random), Heart Rate+(Target HR, Weigt Loss), Fit Test, Warm Up, Cool Down
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No	No
Virtual Active™ compatible	Yes	No	No	No	No
FITCONNEXION™ ready	No	No	No	Yes	Yes
Wireless data transmitter	Yes	Yes	Yes	No	No
iPod compatible	Yes	Yes	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	No
Personal fan	Yes	Yes	Yes	No	No
TECH SPECS					
Overall dimensions (L x W x H)	114 x 84 x 179 cm / 45" x 33" x 70.5"	114 x 84 x 179 cm / 45" x 33" x 70.5"	114 x 84 x 179 cm / 45" x 33" x 70.5"	114 x 84 x 179 cm / 45" x 33" x 70.5"	118 x 93 x 161 cm / 46.5" x 37" x 63.5"
Product weight	113 kg / 249 lbs	112 kg / 247 lbs	112 kg / 247 lbs	111 kg / 244.5 lbs	90 kg / 198 lbs
Maximum user weight	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs

	H7xe Hybrid Cycle™	H7x Hybrid Cycle™	H5x Hybrid Cycle™	H3x Hybrid Cycle™
FEATURES				
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes
Handlebar design	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend	Front vertical ergo bend
Crank design	Single piece	Single piece	Single piece	Single piece
Integrated arm rests	Yes	Yes	Yes	Yes
Thumb switch controls	Yes	Yes	Yes	Yes
RESISTANCE SYSTEM				
Technology	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator
Power requirements	Powered	Self-powered / AC power option	Self-powered / AC power option	Self-powered
Minimum watts	12	12	12	13
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	20
Resistance levels	25	25	25	25
CONSOLE				
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, RPM	time, speed, distance, calories, watts, level, heart rate, RPM, profile
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	No
Workouts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No
Virtual Active™ compatible	Yes	No	No	No
FITCONNEXION™ ready	No	No	No	Yes
Wireless data transmitter	Yes	Yes	Yes	No
iPod compatible	Yes	Yes	No	No
Nike + iPod compatible	Yes	Yes	No	No
Personal fan	Yes	Yes	Yes	No
TECH SPECS				
Overall dimensions (L x W x H)	146 x 73 x 148 cm / 57.5" x 29" x 58"	146 x 73 x 148 cm / 57.5" x 29" x 58"	146 x 73 x 148 cm / 57.5" x 29" x 58"	146 x 73 x 137 cm / 57.5" x 29" x 54"
Product Weight	84 kg / 185 lbs	83 kg / 182 lbs	83 kg / 182 lbs	82 kg / 181 lbs
Maximum user weight	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs

	R7xe Recumbent	R7x Recumbent	R5x Recumbent	R3x Recumbent	R1x Recumbent	U7xe Upright	U7x Upright	U5x Upright	U3x Upright	U1x Upright
FEATURES										
Contact & telemetric HR sensors	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Handlebar design	Seat side and front horizontal ergo bend	Seat side and front horizontal ergo bend	Seat side and front horizontal ergo bend	Seat side and front vertical ergo bend	Seat side and front vertical ergo bend	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support	Full racing style with elbow support
Crank design	Single piece	Single piece	Single piece	Single piece	Three piece	Single piece	Single piece	Single piece	Single piece	Three piece
Thumb switch controls	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
RESISTANCE SYSTEM										
Technology	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID hybrid generator	JID brushless generator	JID brushless generator	JID brushless generator	JID brushless generator	JID hybrid generator
Power requirements	Powered	Self-power/ AC power option	Self-power / AC power option	Self-powered	Self-powered	Powered	Self-power/ AC power option	Self-power/ AC power option	Self-powered	Self-powered
Minimum watts	12	12	12	13	12	12	12	12	13	12
Minimum RPM	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	20	30	N/A	N/A powered / 25 self-powered	N/A powered / 25 self-powered	20	30
Resistance levels	25	25	25	25	20	25	25	25	25	20
CONSOLE										
Display type	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit LCD	15" touch screen LCD	7" LCD	Dot-matrix LED	LED	7" blue backlit LCD
Display feedback	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, rpm	time, speed, distance, calories, watts, level, heart rate, RPM, profile	Time, distance, calories, speed, level, watts, METs, heart rate, profile	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, dynamic profile display, static profile display	Time, distance (kilometers or miles), calories, calories per hour, speed, RPM, heart rate, METs, watts, profile	Time, distance, calories, speed, heart rate, METs, watts, RPM	time, speed, distance, calories, watts, level, heart rate, RPM, profile	Time, distance, calories, speed, level, watts, METs, heart rate, profile
User defined multi-language display	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	No	No	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	Yes-English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese	No	No	No
Workouts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, interval+ (hill interval, random interval), goal+ (time goal, distance goal, calories goal), multi FX+ (constant watts, random), heart rate+ (target hr, weight loss), fit test, warm up, cool down	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, rolling, intervals, fat burn, random, fit test, target HR, constant watts	Manual, interval+ (hill interval, random interval), goal+ (time goal, distance goal, calories goal), multi FX+ (constant watts, random), heart rate+ (target hr, weight loss), fit test, warm up, cool down
CSAFE, FitLinxx™ ready	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
On-the-fly program change	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
FitTouch™ Technology	Yes	No	No	No	No	Yes	No	No	No	No
Integrated Vista Clear™ digital ready television	Yes - 15" screen size	Yes - 7" screen size	No	No	No	Yes - 15" screen size	Yes - 7" screen size	No	No	No
Virtual Active™ compatible	Yes	No	No	No	No	Yes	No	No	No	No
FITCONNEXION™ ready	No	No	No	Yes	Yes	No	No	No	Yes	Yes
Wireless data transmitter	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No
iPod compatible	Yes	Yes	No	No	No	Yes	Yes	No	No	No
Nike + iPod compatible	Yes	Yes	No	No	No	Yes	Yes	No	No	No
Personal fan	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No
TECH SPECS										
Overall dimensions (L x W x H)	160 x 73 x 138 cm / 63" x 29" x 54.5"	160 x 73 x 138 cm / 63" x 29" x 54.5"	160 x 73 x 138 cm / 63" x 29" x 54.5"	160 x 73 x 128.5 cm / 63" x 29" x 50.5"	165.5 x 67 x 128 cm / 65" x 26" x 50"	120 x 73 x 153 cm / 47" x 29" x 60"	120 x 73 x 153 cm / 47" x 29" x 60"	120 x 73 x 153 cm / 47" x 29" x 60"	120 x 73 x 138 cm / 47" x 29" x 54"	105 x 64 x 130 cm / 41" x 25" x 51"
Product weight	86 kg / 189 lbs	85 kg / 187 lbs	85 kg / 187 lbs	84 kg / 185 lbs	85 kg / 188 lbs	74 kg / 163 lbs	73 kg / 161 lbs	73 kg / 161 lbs	72 kg / 158.5 lbs	63.5 kg / 140 lbs
Maximum user weight	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs	182 kg / 400 lbs

Made for iPod

"Made for iPod" means that an electronic accessory has been designed to connect specifically to iPod and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.

iPod is a trademark of Apple Inc., registered in the U.S. and other countries.

	Rower
FEATURES	
Pedals	Fit-in with adjustable footboard
Contact HR sensors	No
Telemetric HR receiver	Yes
Handlebar design	Easy grip wooden handrail
Transport wheels	Yes
RESISTANCE SYSTEM	
Resistance technology	Air resistance system
Power requirements	Battery powered LCD display
Drive system	Coil spring poly-V belt
Monorail	Aluminum
CONSOLE	
Display type	Large LCD display
Display feedback	Time, distance, SPM (strokes per minute), stroke, watts, heart rate, calories
Resistance levels	12
Workouts	Manual, race, training
TECH SPECS	
Overall dimensions (L x W x H)	276 x 50 x 102 cm / 109" x 20" x 40"
Product weight	41 kg / 90 lbs
Maximum weight	159 kg / 350 lbs
Power requirements	Battery powered LCD display

	KRANKcycle® by Matrix
FEATURES	
Drive system	Chain drive
Frame	Steel base frame with cast iron drive frame treated with zinc oxide & polyester powder coating
TECH SPECS	
Overall dimensions (L x W x H)	143.5 x 68 x 105.5 cm / 56.5" X 27" X 41.5"
Product weight	64.6 kg / 142 lbs
Max User weight	159 kg / 350 lbs

KRANKcycle® may be covered by one or more patents or patents pending

USD 571873	USD 575838	USD 578583
US 5860329	CA 2283923	EP 0968115
DE69835586	JP2000510562	AUS 64666/98

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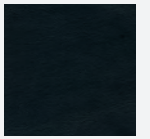
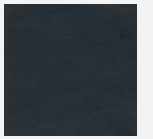
G7 SINGLE-STATION STRENGTH	PRODUCT DIMENSION METRIC (CM)			PRODUCT DIMENSION ENGLISH (INCHES)			PRODUCT WEIGHT METRIC	PRODUCT WEIGHT ENGLISH	WEIGHT STACK METRIC	WEIGHT STACK ENGLISH
	L	W	H	L	W	H	KG	LBS	KG	LBS
G7-S12 Pectoral Fly	160	120	140	63	47	55	260	573	109	240
G7-S13 Converging Chest Press	146	118	130	57.5	46.5	51	297	655	109	240
G7-S21 Lateral Raise	130	108	132	51	42.5	52	277	610	91	200
G7-S23 Converging Shoulder Press	160	144.5	132	63	57	52	375.5	827	109	240
G7-S33 Diverging Lat Pulldown	155	120	196.5	61	47	77	389.5	858	109	240
G7-S34 Diverging Seated Row	163	123	132	64	48.5	52	293	646	109	240
G7-S40 Independent Biceps Curl	134	168.5	132	53	66	52	251	553	91	200
G7-S42 Seated Triceps Press	154	107	132	61	42	52	306.5	675	109	240
G7-S51 Abdominal Crunch	119	129	153	47	51	60	259	570.5	109	240
G7-S52 Back Extension	129	120	132	51	47	52	283	623	109	240
G7-S55 Rotary Torso	115	114	139	45	45	55	243	536	91	200
G7-S70 Leg Press	190.5	110	132	75	43	52	400.5	882	182	400
G7-S71 Leg Extension	121	120	132	48	47	52	293	646	109	240
G7-S72 Seated Leg Curl	140.5	118	130	55	46.5	51	302	666	91	200
G7-S73 Prone Leg Curl	173	110.5	132	68	43.5	52	264	581	91	200
G7-S74 Hip Adductor	172	164	132	68	64.5	52	271	597	109	240
G7-S75 Hip Abductor	172	164	132	68	64.5	52	271	597	109	240
G7-S77 Calf Extension	149	114	145.5	59	45	57	261	575	182	400
G7-S78 Glute	204	96.5	137	80	35	54	232	511	64	140

G7 UPHOLSTERY OPTIONS

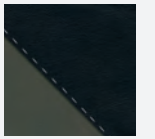
Note: Two-tone upholstery options at additional charge.



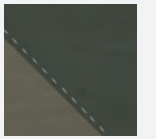
OBSIDIAN BLACK



GRAPHITE GRAY



GRAPHITE GRAY / ALLOY GRAY



ALLOY GRAY / HAZELNUT

G1 BENCHES AND RACKS	PRODUCT DIMENSION METRIC (CM)			PRODUCT DIMENSION ENGLISH (INCHES)			PRODUCT WEIGHT METRIC	PRODUCT WEIGHT ENGLISH
	L	W	H	L	W	H	KG	LBS
G1-FW151 - Flat Bench	154	57	45	61	22	18	27	59
G1-FW152 - Adjustable Decline Bench	208	63	97	82	25	38	58	128
G1-FW153 - Adjustable Incline Bench	154	62	47	61	24	19	39	86
G1-FW155 - Preacher Curl	120	72	95	47	28	37	37	81
G1-FW156 - Utility Bench	114	56	102	45	22	40	23	51
G1-FW157 - Weight Tree	67	54	127	26	21	50	22	48
G1-FW158 - 5-Pair Dumbell Rack	244	66	72	96	26	28	63	139
G1-FW159 - 10-Pair Dumbell Rack	244	66	76	96	26	30	101	222
G1-FW160 - Barbell Rack	99	85	151	39	33	59	60	132
G1-FW161 - Smith Machine	141	105	239	56	41	94	128	282
G1-FW162 - Back Extension	128	74	86	50	29	34	41	90
G1-FW163 - Olympic Flat Bench	177	127	202	70	50	80	65	143
G1-FW164 - Olympic Incline Bench	177	156	137	70	61	54	67	178
G1-FW165 - Olympic Decline Bench	177	219	132	70	86	52	75	165

G1 MULTI-GYM	PRODUCT DIMENSION METRIC (CM)			PRODUCT DIMENSION ENGLISH (INCHES)			PRODUCT WEIGHT METRIC	PRODUCT WEIGHT ENGLISH
	L	W	H	L	W	H	KG	LBS
G1-MG30 - 3-Stack Multi-Gym	290	319	218	114	126	86	592	1305